When you begin dialysis it is important for you to eat more high protein foods. Eating more protein can help you feel healthier, heal more easily and fight infections.

**Protein foods include:**

- Beef
- Chicken
- Pork
- Turkey
- Soy Products*
- Game meats
- Eggs
- Milk, yogurt and cheese*
- Beans and nuts*
- Fish and seafood
- Lamb

* These foods may be high in potassium or phosphorous. Please ask your dietitian to help you include them in your diet.

**To increase your protein intake:**

- Enjoy eggs or egg substitutes for breakfast as an excellent source of protein. Remember to limit egg yolks to no more than 2-3 per week if you have high cholesterol, heart disease or diabetes.

- Try to eat a high protein food at each meal.

- Choose a high protein snack such as a sandwich made from the high protein foods listed above.

- Include up to 1 cup (8 ounces) of milk a day if your diet allows.
Sample menu:

Breakfast: 1 fried egg or ¼ cup egg substitute
1 small blueberry muffin
4 ounces milk
½ medium grapefruit
6 ounces coffee

Lunch: 4 oz hamburger on bun
1 Tbsp. Mayonnaise
Tomato & lettuce slice
1 cup carrots
1 medium peach
8 ounces lemon lime soda

Snack: 1 medium apple

Dinner: 4 oz pork chop
1 cup buttered noodles
1 cup applesauce
½ cup broccoli
8 ounces lemonade

Snack: 10 vanilla wafers

Your total protein intake should be _________ ounces per day. Please remember 3 ounces of cooked meat is the size of a deck of cards.

For more advice, please contact a registered dietitian.